

## Pamphlet Stitches Made Easy - Make Your Own Books

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**I love books!** I love reading them - buying them - owning them - making them - and I love books so much that I've even written a couple of books myself. My most recent book is **NORMAL Doesn't Live Here Anymore: an inspiring story of hope for caregivers**. If you'd like to check it out, you can find it on Amazon.com or through your local bookstore.

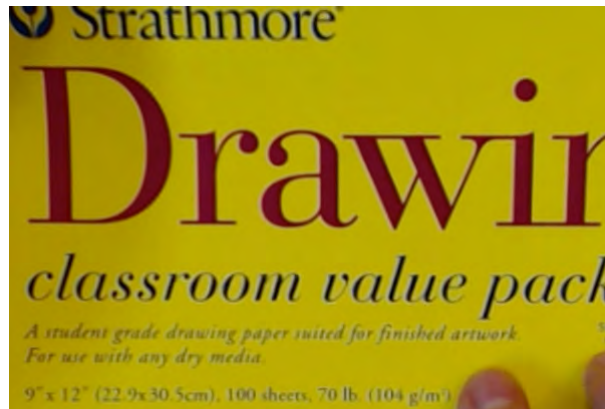
In this class, you'll learn about 4 pamphlet-stitched books. Enjoy!

### Supplies: Journal Covers



Class demonstration includes three versions of the 3-hole pamphlet stitch as well as the 5-hole pamphlet stitch. For each journal, you'll need a completed cover ready for signatures. This is the first one shown in class.

## Paper



I like Strathmore Drawing paper for the pages. I buy packs of loose paper at my local craft store.

## Tapestry Needle



You need a dull-pointed needle that has a large eye to accommodate the thread.

## Thread



Waxed Linen, embroidery floss, or perle cotton all work, but waxed linen is definitely my preference.

## Piercing Tool or Awl



You need something to pierce small holes.

## Screw-type Punch



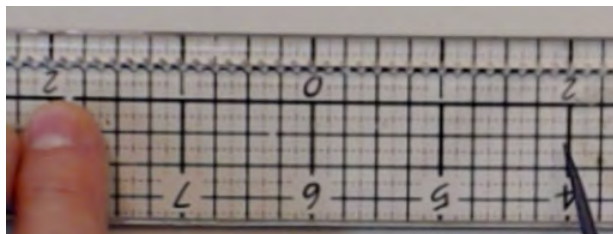
If the page or cover material is heavy, you might need a screw-type hole punch.

## Bone Folder



A bone folder is really nice for creasing page folds. They are created from bone, plastic or teflon.

## Centering Ruler



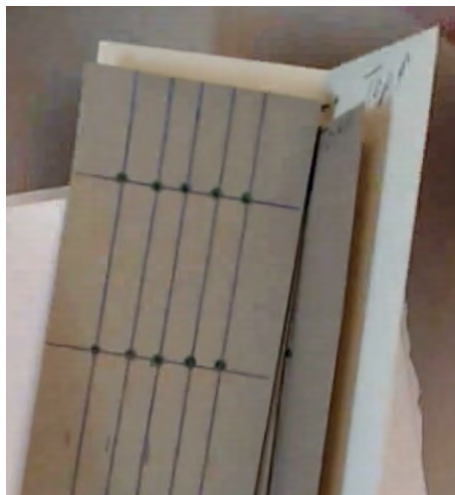
One side of this ruler measures from 0 in the center. This is particularly handy for evenly marking the stitching holes.

## Piercing Cradle



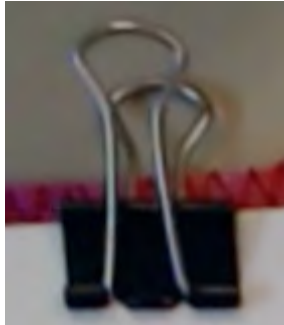
A piercing cradle makes poking holes in signatures easy and accurate. A thick phone book will work, too.

## Cardstock



You need cardstock for templates to use as hole guides.

## Binder Clips



Several small or medium binder clips.

## Scissors and Pencil

You'll need a small scissor and a pencil, too.

## Ready to Begin? Let's start with a 3-Hole Single Signature Pamphlet Stitch



Measure the journal cover. Determine page sizes. I like the pages a bit shorter and narrower than the cover.

For the first book shown, pages are 10" X 7".

Fold pages in half to become folios.

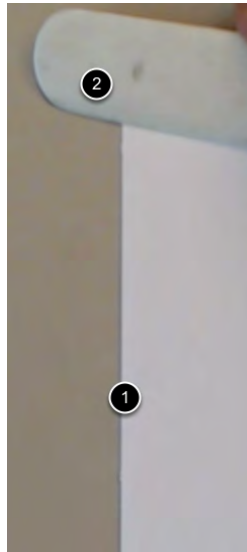


# Class Notes

Stack folios together to become a signature.

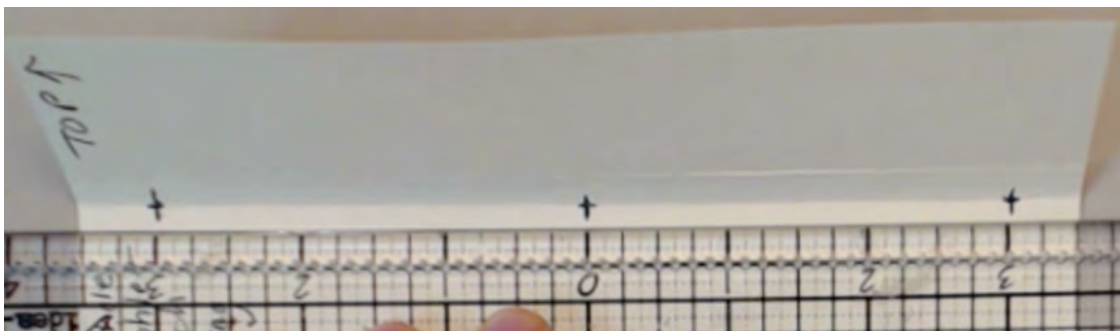
This book is 1 signature of 10 folios.

## Fold and Crease



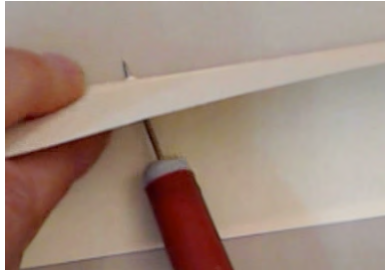
1. Fold each page in half, creating the folio.
2. Crease with bone folder.

## Create Template for Holes



Cut a piece of cardstock approximately 2" wide and as long as the height of the pages. Fold in half. Mark 3 evenly spaced holes with the centering ruler in the crease of the cardstock.

## Pierce the Template



Then pierce the holes through the markings on the cardstock template.

## Pierce Holes in the Signature



Clip the signature together with binder clips.

Place the signature in the cradle with the top of the signature against the end of the cradle.

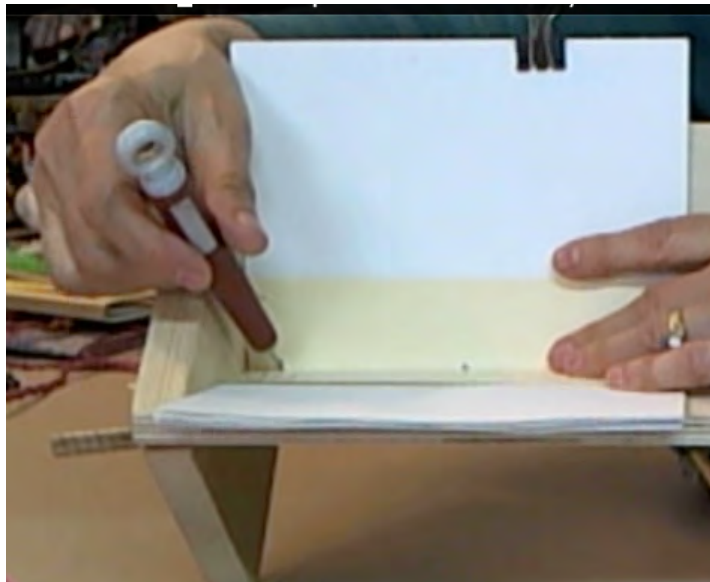


## Add Template



Place the cardstock hole template on top of the signature.

## Pierce



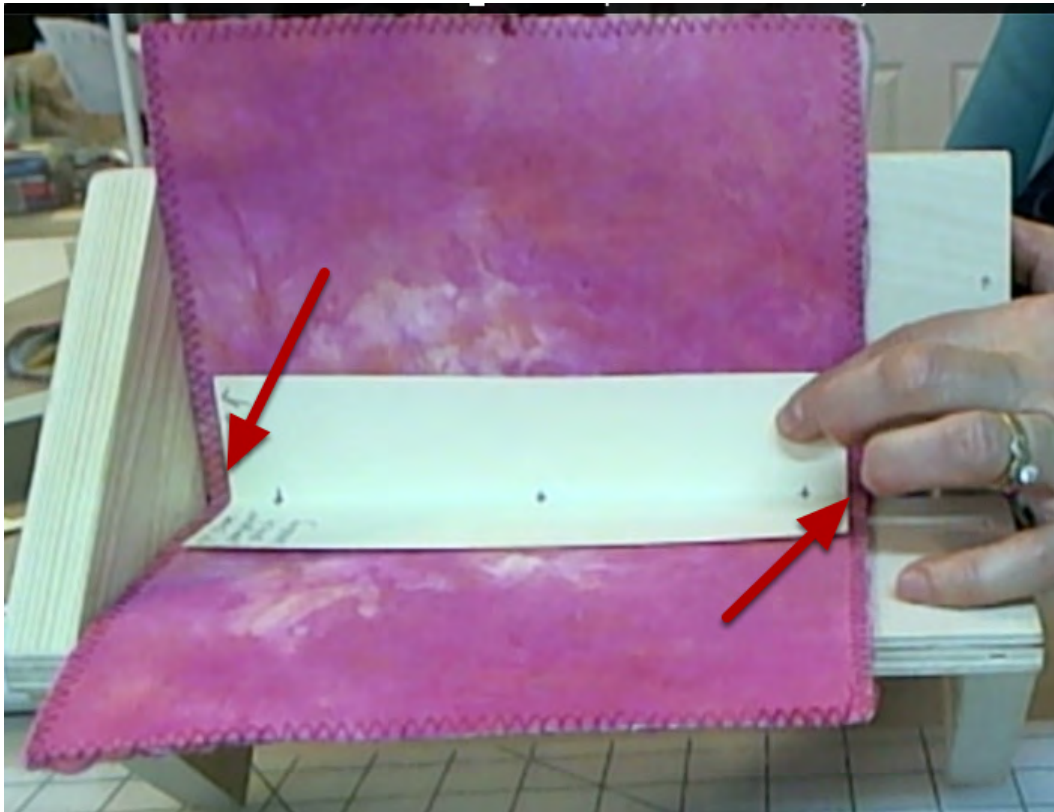
Pierce each hole through the cardstock guide.

## Holes in Fold



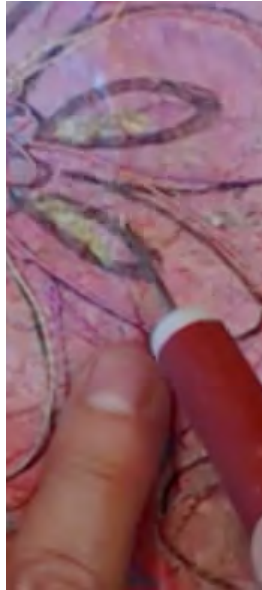
The holes should go through the fold of the signature.

## Cover Holes



Center the hole guide in the crease of the cover. Notice that it's shorter than the cover because the pages are shorter, so you need to center the guide within the space. Pierce the holes through the guide.

## Pierce Holes



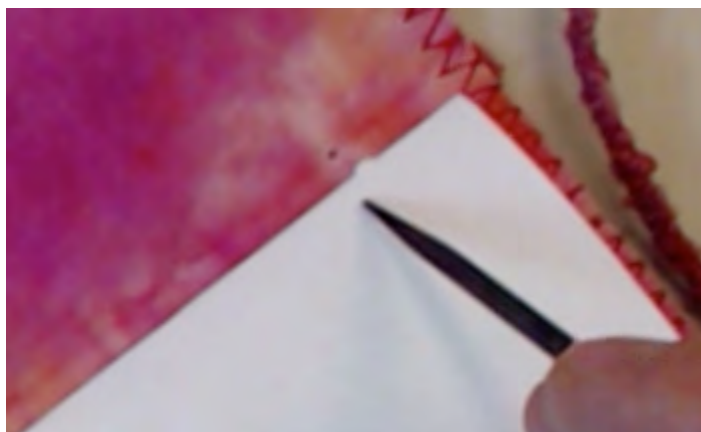
Be sure that you can see the holes from the outside, too. Make the holes slightly larger if necessary.

## Thread Needle



Measure waxed linen 3 times the length of the spine. Thread the needle. No need for a knot.

## Match the Holes



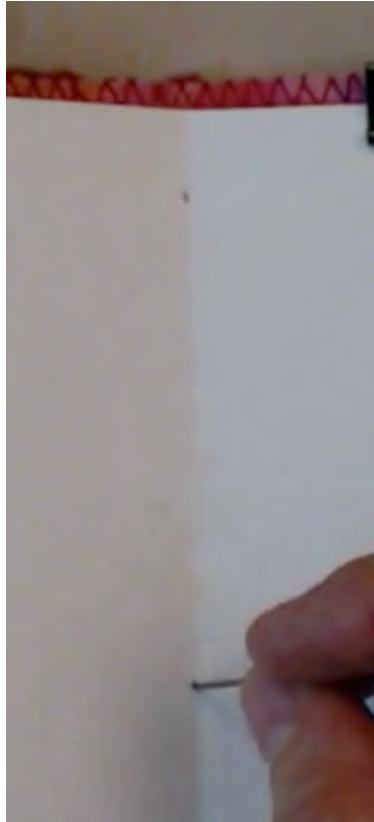
Lay the signature inside the cover, matching the holes.

## Clip to Hold



Hold the signature in place with binder clips.

## Begin in the Middle



Insert the needle in the center hole through the signature and cover.

## Leave a Tail



Leave a 5-6" tail of thread in the center of the book.

## Next Stitch



Go through one of the outer holes in the cover and then through the signature. . . .



## Through Signature



Like this.

## Third Hole



Insert the needle through the hole on the other end of the spine. Go through the signature as well as the cover.

## One Long Stitch



Inside you now have one long stitch with a thread tail in the center.

## Back into Center Hole



Insert the needle back into the center hole once more. Be careful not to split the thread.

## Thread Tails



Leave one thread tail on each side of the long center stitch in the spine. Carefully tighten the stitch, but don't tear the paper.

## Knot the Thread



Knot the thread tails around the center stitch and then cut, leaving about 1/2" tails. (There is one long stitch in the center of the signature and 2 stitches on the outside of the cover.)

Finished!



It's all finished and ready to use.

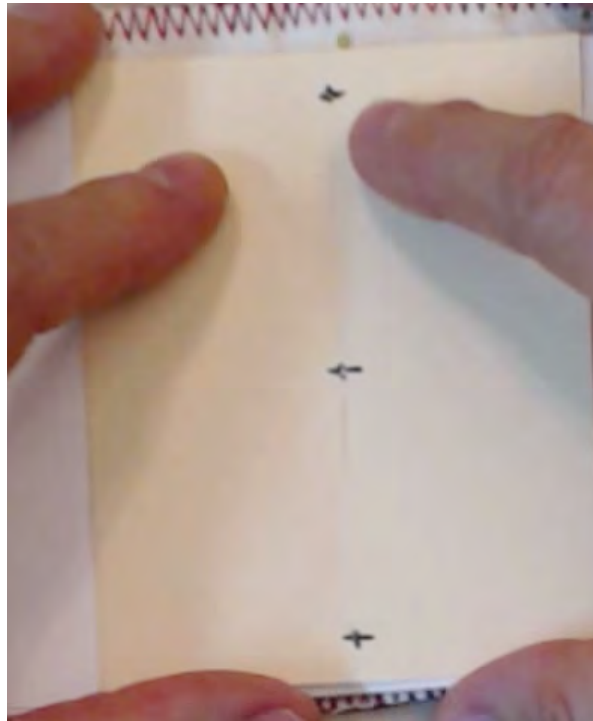
# Class Notes

## Completed Journal #1





## Another 3-Hole Single Signature Pamphlet Stitch



1. As with the first journal, begin with a completed cover.
2. Determine page size - slightly smaller than the cover size.
3. Fold pages and crease with bone folder.
4. Create template for signature holes from cardstock. (shown in picture)

## Pierce Holes



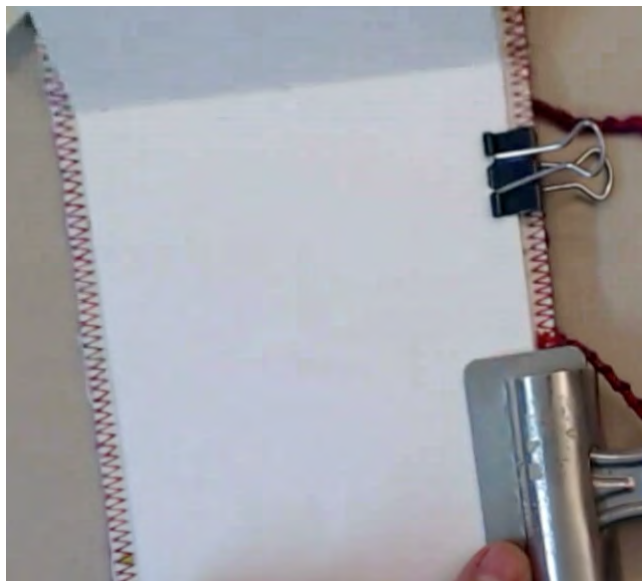
After creating the template, use it to pierce holes in the signature.  
Use the hole template to pierce holes in the cover, too. Remember to center the template in the spine area of the cover before marking and piercing.

## Measure Thread



Measure the waxed linen - 3 times the length of the spine.

## Ready to Stitch



Match signature holes with cover holes and hold with binder clips.

# Class Notes

## Begin



For this journal, insert needle in center hole **through the cover first and then the signature.**

## Leave a Tail



Be sure to leave a tail several inches long on the outside.

## Next Stitch



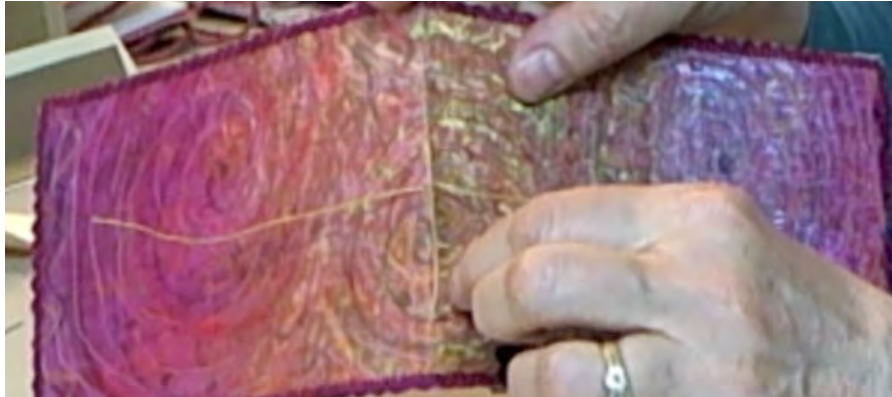
Insert the needle in one of the outer holes in the signature and then through the cover.

## Next Stitch



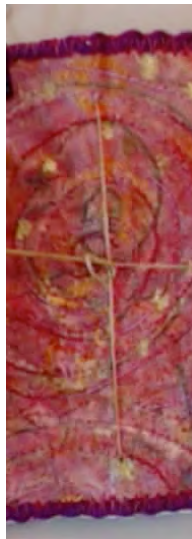
Enter hole at opposite end through cover and through the signature.

## Center Hole Again



Go back in the center hole of the signature and out through the cover. Don't split the thread. Be sure that one thread tail goes on each side of the long stitch. (This time the long stitch is on the outside of the cover and 2 stitches lie in the center of the signature.)

## Tighten Thread and Knot



Carefully tighten the stitches and knot the thread tails around the long stitch.



## Add Beads and Charms



The thread tails are a perfect place to add beads, charms, additional fibers, or whatever you like.

## Completed Journal # 2

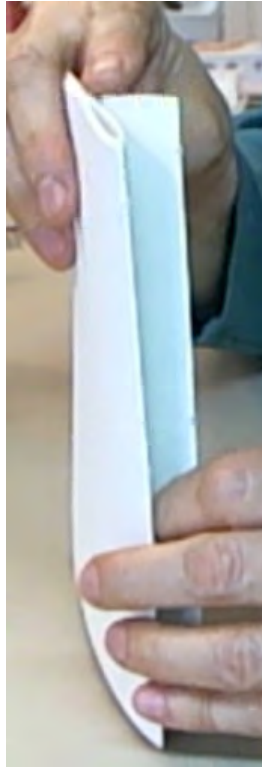


Both the first and second journal covers are fabric-paper created with kids' construction paper.

**Check out the class entitled "Fabric-paper From Construction Paper - Not Just For Kids!"**

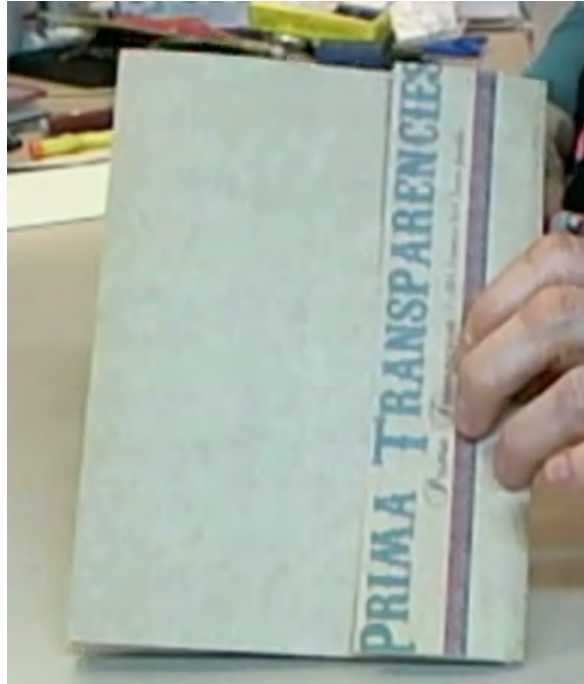


## Next - Multi-signature 3-Hole Pamphlet Stitch



For this journal, you'll need 2 signatures and a cover. As before, measure the cover and be sure that the pages are somewhat smaller than the cover. Measure, cut, and fold the pages as before.

## Cardstock Cover



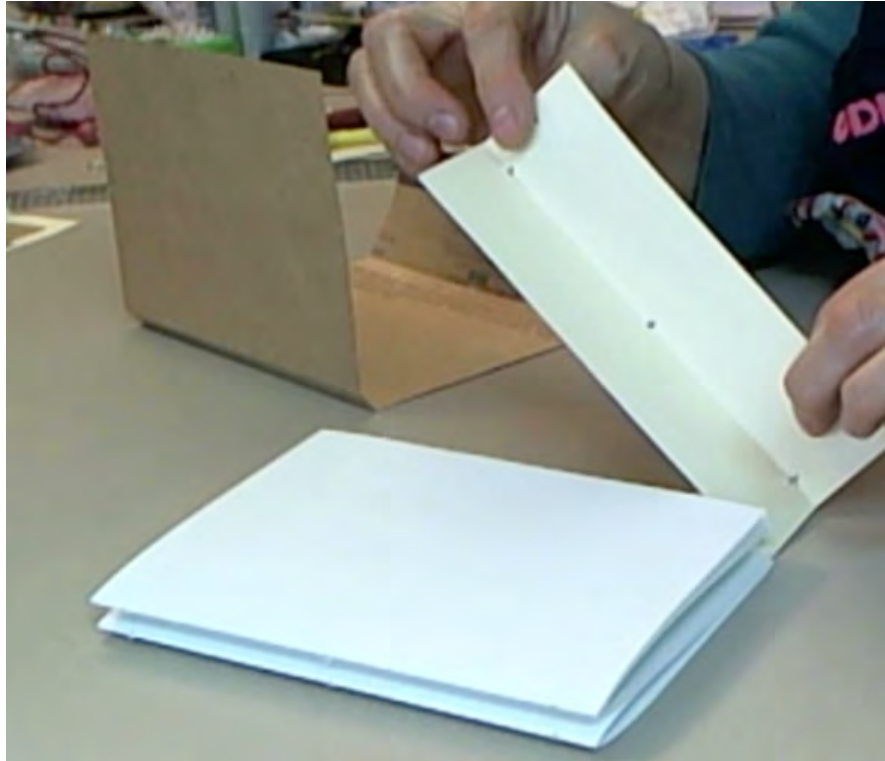
This journal cover is a piece of packaging cardstock.

## Reinforce Spine



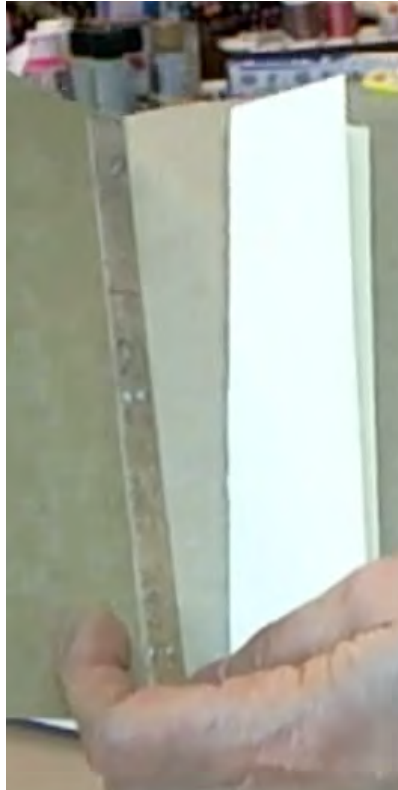
Because this cover is just cardstock, I cut another narrow piece of cardstock and glued it to the spine area to reinforce the signature holes. The spine is approximately  $\frac{3}{8}$ " wide.

## Hole Template



As before, create a hole template from cardstock and pierce the holes.  
Use the template to pierce each signature.

## Pierce Cover Holes



Use the template to mark and pierce holes in the cover, too. Remember that you need 2 sets of holes because there are 2 signatures. They are a slightly more than 1/8" apart.

## Stitch



1. You'll need 2 lengths of thread. Each one is 3 times the height of the spine.
2. Stitch each signature, beginning in the center hole inside your journal.
3. Complete the stitching as in our first sample. Knot the thread.
4. Stitch the second signature through the second set of holes.

## Almost Finished



Here you see the 2 signatures sewn in to the spine. The long stitches appears in the center of each signature and 4 stitches lie on the outside of the spine.



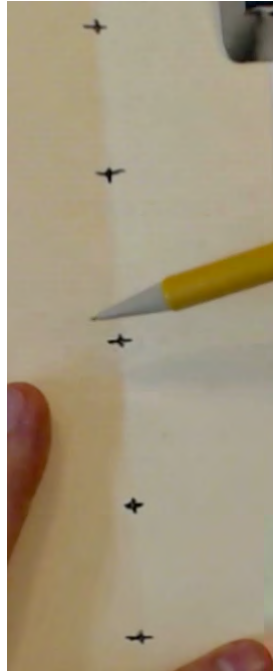
## Completed Sample #3



Add some ribbon or special velcro (made for paper art) as a closure.

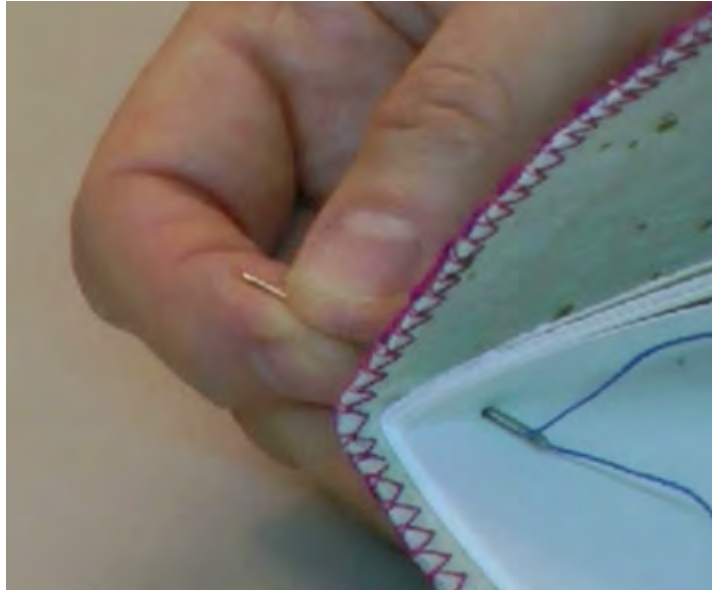
If you wish to make a book with more signatures, just increase the width of the spine and stitch them as demonstrated.

## Next Up - 5-hole Pamphlet Stitch



1. You'll need your journal cover.
2. Measure and cut pages.
3. Fold to create the folios and stack the folios to create 1 signature.
4. Create a cardstock template with 5 holes. It needs to be an odd number of holes for this stitch pattern.
5. Pierce all holes as before on cover and signature.
6. Place signature inside the cover, matching holes and clip in place with binder clip.
7. Measure thread - 3 times length of spine.

## Stitch



Beginning at bottom hole, insert needle inside the signature and exit through the cover. Be sure to leave a tail of thread.

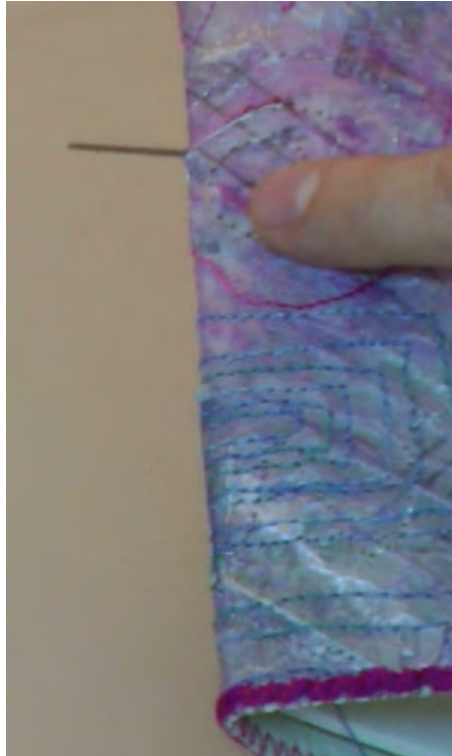
## Next



In the next hole, enter the cover and exit through the signature.

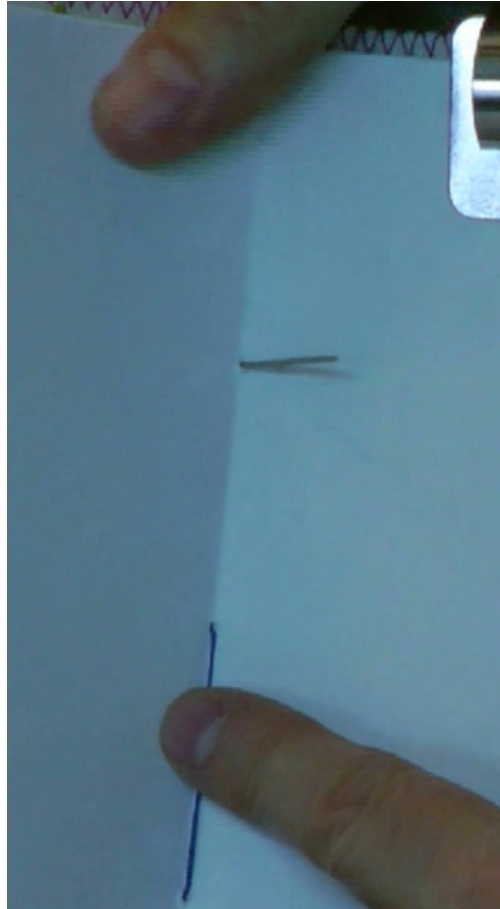
# Class Notes

Next



Go out through the middle hole.

Next



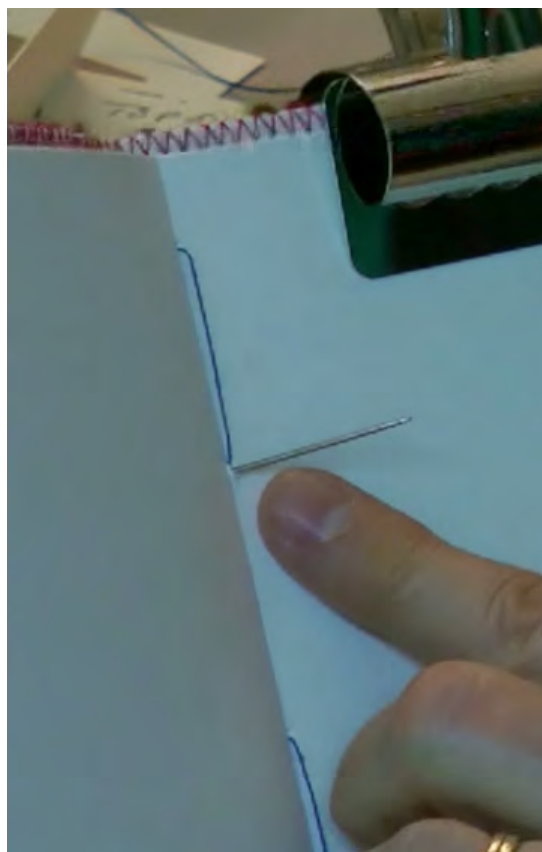
Back through the cover and signature in the next hole.

Now, Fill in the Gaps



Go out through the top hole to the outside.

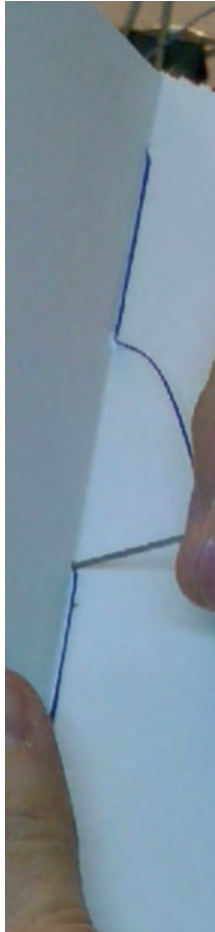
Next



Back through the next hole from cover into the signature. This stitch shares a hole with a previous thread, so try not to split the thread.



Next



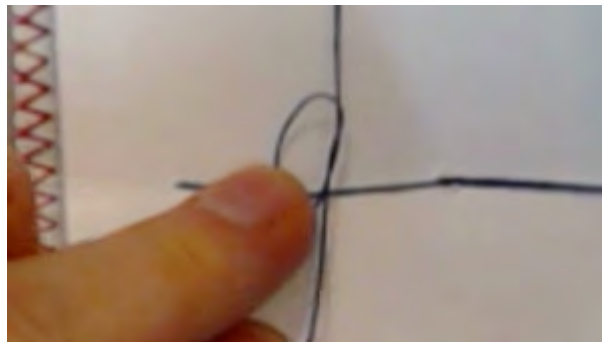
Go through the middle hole and out through the cover.

## Last Stitch



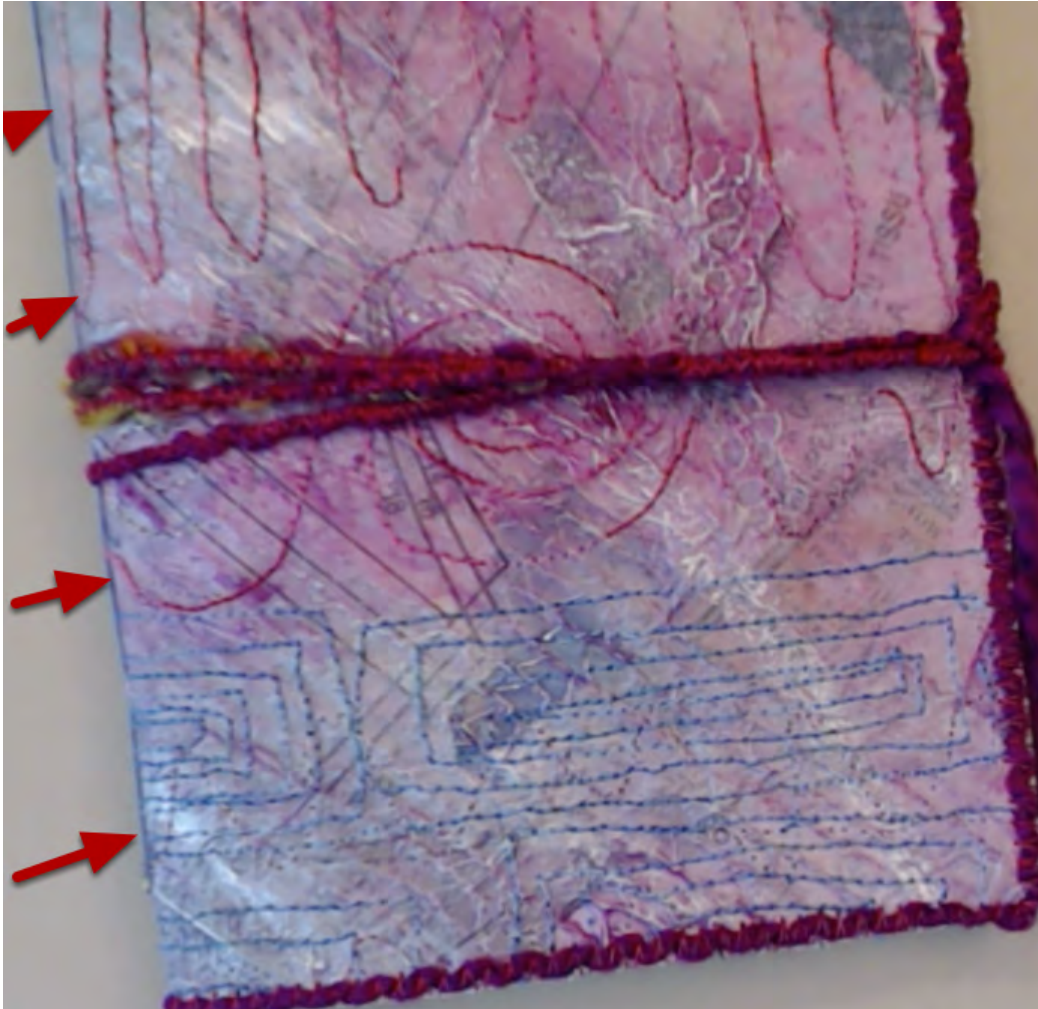
Go back through the next hole in the cover and through the signature.

## Tighten and Knot



Carefully tighten the threads, if needed, and then knot the tails together. Cut the thread tails. This will create the 4th stitch inside. There should also be 4 stitches outside the spine.

## Completed Sample #4



You can see the 4 stitches on the spine area.

I created this journal cover with Tyvek, glue and various papers. After completely dry, I stitched to embellish.

## Embellish and Enjoy



Here is the completed journal shown as Journal #2. I've added beads to the stitching tails and it's ready to use. You can also embellish the covers with stitched or glued charms, etc. Get some cool new pens or pencils and enjoy your new journals.